

Free diabetes classes!

# Kitchen Creations

Mondays & Wednesdays  
October 17, 19, 24, 29  
9:00 AM – 12:00 PM

Call 575-622-3210 to sign up.

Chaves County Cooperative  
Extension Office  
200 E. Chisum, Suite 4  
Roswell, NM 88203



Scan this QR code  
to visit our website



Please join us for this free series of 4 classes!

- Learn how to plan meals that help manage diabetes.
- Practice cooking food in healthier ways.
- Get a free manual and cookbooks.
- Enjoy the support of others who are living with diabetes.

Kitchen Creations has been provided since 2001 by:



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer  
and Environmental Sciences**



**Paths to Health** NM  
Tools for **Healthier** Living

These classes will be taught by:

- Tamara Schubert, Chaves County Extension FCS Agent
- Susan Dade, RDN, LD, DCES

New Mexico State University, in cooperation with the U.S. Department of Agriculture, is an equal opportunity/affirmative action employer and educator. If you are an individual with a disability and need an auxiliary aid or service, please contact the Extension Office at 575-622-3210 by October 10, 2022.